**Aims:**
introduce the idea that wellbeing needs to be on our priority list

to increase awareness of our own resilience and the tools that we use to promote resilience

**Objectives:**
recognise why being a GP is challenging

to share our own strategies for resilience and map them

to introduce and begin using PERMA and CCC models SA

**Plan**:

**2 x line ups:**

* importance of subject
* confidence in own resilience MM & SJ
	+ Draw out issues and themes and map to a PERMA Wheel SG

**Steph**

Slides introducing resilience and also mindfulness

* see resilience ppt

BMA burnout questionnaire -completed on smartphones during session – discuss outcomes in pairs – also discuss the resources linked to the questionnaire.

Listen to the music... reflect on mindfulness.

**Mark**

Slides introducing

* aspects from self-determination theory – the 3 Cs, positive psychology – PERMA & CLANG
* Emotions, energy & adrenals
	+ See Bending not breaking ppt

Steph and Mark – demonstration of coaching each other with their own PERMA wheels on flip chart.

Trainees complete own PERMA wheels and 3Cs wheel and coach each other - consider life as a whole work and outside work

Emotions & Adrenals exercise – masking tape on floor to make quadrants – 4 groups each with emotions to place in correct quadrant. trainees to consider whether they have a 'prevailing' quadrant

Steph & Mark – discuss the psychobiology as it applies to the Emotions and Adrenals Exercise – 3 diagrams used to explore

1. stress-performance/wellbeing curve
2. failure of negative feedback within HPA axis leading to chronic cortisol oversecretion
3. how to 're-set' the adrenals if stuck in high energy-negative emotion state by regular engagement in activities which promote low energy-positive emotions

Discussion of next steps

* identifying core values and strengths to be applied when using PERMA – how best to use strengths and honour values when making decisions to address aspects of PERMA wheel/3Cs
* Plan to revisit over the 3 years scheme in small groups – build coaching skills
* Discuss '3 good things' as a way of bolstering positive emotions – can enter these and reflections to epo

**North Devon**

Introduction of aims/objectives – SA. Slides 1-6

Line up – SG

Theory- SA Slides 7-10

Burnout Q’s – SG: Slides 11-16.... and then in pairs/threes discuss what resources do you already have to address burnout/support resilience

Coffee

Introduction to tools: SA Slides 17-25:

SA and NR demonstrate how to coach each other on CLANG or PERMA??

Then discuss in pairs how trainees can do something different in current job. NR?

Finish: Next steps/plans for course SA